

# 5 health and wellness tips for active and energetic grandparents



## Embrace Playful Activities

Keep up with your grandchildren's boundless energy by engaging in playful activities together. Whether it's a game of tiggly, a bike ride, or a nature bush walk, an active playtime creates lasting memories while keeping you on your toes.

## Strength and Balance Training

✨ Incorporate strength and balance exercises into your routine to maintain stability and mobility. Try bodyweight exercises like squats, lunges, and planks to strengthen key muscle groups. Balance activities like Pilates can improve coordination and help prevent falls.



## Adventure and Exploration

Use your vitality to explore the world with your grandchildren. Plan outdoor adventures like hiking, camping, or even a day at the beach. These experiences not only promote physical activity but also foster a sense of curiosity and wonder.



## Lead by Example

Demonstrate the importance of an active lifestyle by involving your grandchildren in your fitness routine. Invite them to join you in morning stretches or teach them simple Pilates moves. Your enthusiasm can inspire healthy habits that last a lifetime.



## Rest and Recovery

While your energy is boundless, it's crucial to prioritize rest and recovery to avoid burnout. Ensure you're getting adequate sleep and taking days off for relaxation. A well-rested grandparent is better equipped to keep up with the exciting adventures of grandparenting.



Remember, staying active and energetic is a wonderful way to bond with your grandchildren and create lasting memories. As you embark on these adventures together, you'll not only be promoting your own health & wellness but also instilling in them a love for an active and vibrant lifestyle.